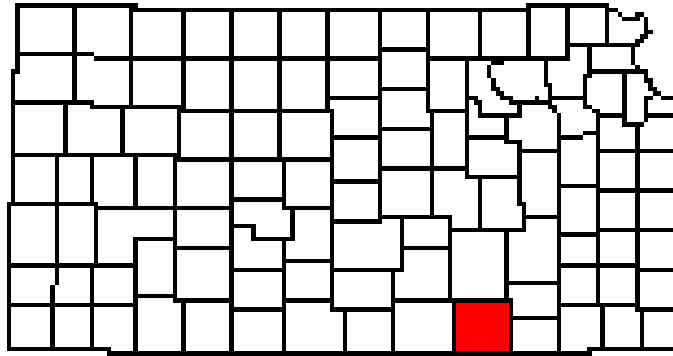


COWLEY



Books:

The following Arthritis Foundation books are available at:

[Winfield Public Library](#)

605 College Street
Winfield, KS 67156
620-221-4470

<http://www.wpl.org/>

Good living with Arthritis

Good living with Osteoarthritis

Good living with Rheumatoid Arthritis

Good living with Fibromyalgia

All about Back Pain

Guide to managing your arthritis

Rheumatologists:

There are no rheumatologists located in your county. Please see surrounding counties or rheumatologists located in **OKLAHOMA** or **Joplin, MISSOURI**.

Programs:

Arthritis Foundation Aquatic Program

The warm water exercise program offers improved joint flexibility, range of motion and muscle strength. Videos are available for at-home exercises from the Arthritis Foundation.

Ark City Family Aquatic Center

1200 W. Radio Lane
Arkansas City, KS 67005

<http://arkcity.org/index.asp?NID=467>

CONTACT:

620-441-2018

Arthritis Foundation Exercise Program

This program is a gentle land-based exercise class for increasing or maintaining joint flexibility, range of motion and muscle strength. Videos are available for at-home exercises from the Arthritis Foundation.

Winfield Recreation Center
Winfield, KS 67156

For days, times and
location call:
1-800-362-1108

Support Groups:

Fibromyalgia
Winfield, KS 67156

For information call:
Robin Van Allen
(620) 221-3602